

Course Description

A. COVER PAGE

<p>1. Course Title Independent Living and Health</p> <p>2. Transcript Title / Abbreviation Ind. Liv. And Health</p> <p>3. Transcript Course Code / Number HE6235</p> <p>4. School Ernest Righetti High School</p> <p>5. District Santa Maria Joint Union High School</p> <p>6. City Santa Maria</p> <p>7. School / District Web Site http://www.smjuhsd.org</p> <p>8. School Contact Name: Cydney L. Dawson Title/Position: Home Economics Department Chair Phone: (805) 937-2051 Ext.: 2104 Fax: (805) 934-0819 E-mail: cdawson@smjuhsd.org</p>	<p>9. Subject Area</p> <p><input type="checkbox"/> History/Social Science</p> <p><input type="checkbox"/> English</p> <p><input type="checkbox"/> Mathematics</p> <p><input type="checkbox"/> Laboratory Science</p> <p><input type="checkbox"/> Language other than English</p> <p><input type="checkbox"/> Visual & Performing Arts (for 2003)</p> <p><input checked="" type="checkbox"/> Elective</p> <p>10. Grade Level(s) 11th-12th</p> <p>11. Seeking "Honors" Distinction? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No</p> <p>12. Unit Value</p> <p><input checked="" type="checkbox"/> 0.5 (half year or semester equivalent)</p> <p><input type="checkbox"/> 1.0 (one year equivalent)</p> <p><input type="checkbox"/> 2.0 (two year equivalent)</p> <p><input type="checkbox"/> Other: _____</p> <p>13. Date of School Board Approval</p>
<p>14. Was this course previously approved by UC? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If so, year removed from list? _____ Under what course title? _____</p>	
<p>15. Is this course modeled after an UC-approved course from another school? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If so, which school(s)? _____</p>	
<p>16. Pre-Requisites Successful completion of 9th – 12th Health Class or Instructors Approval</p>	
<p>17. Co-Requisites None</p>	
<p>18. Brief Course Description This course provides a practical curriculum designed to develop abilities necessary for establishing personal and professional goals, recognizing and acknowledging values, and making decisions based on those values and goals.</p>	

B. COURSE CONTENT

Please refer to instructions

19. Course Goals and/or Major Student Outcomes

This one semester course is designed to provide a combination of subject matter and activities to develop abilities necessary for assisting with and/or performing the common and important operations or processes concerned with:

1. Understanding the relationship between values, goals, and decision-making.
2. Awareness of the importance of Mental Health and recognizing symptoms of Mental Illness.
3. Assessment of risks and precautionary measures to stay safe in today's world.
4. Selection, purchase, and preparation of food, with emphasis on simple and inexpensive meals.
5. Housing selection and care.
6. Budgets and Finance
7. Clothing Care
8. Review of reproductive health issues including HIV and STI prevention and family planning methods.

20. Course Objectives

Standards of Expected Achievement

1. Students identify their own values and goals and learn to apply decision-making model to everyday life.
2. Students research a Mental Illness and present symptoms and prognosis to the class.
3. Students acquire knowledge to increase safety awareness at home and in the community.
4. Students apply practical knowledge of kitchen equipment, safety and sanitation, and cooking methods to basic recipe preparation.
5. Students use resources to select housing which meets financial and personal needs, to understand and accept the responsibilities of renting and to interpret information found in a lease.
6. Students explore the criteria for a realistic, workable budget.
7. Students apply the basic knowledge necessary to get the most from their clothing dollars.
8. Students assess risks of sexual activity and re-visit the benefits of an abstinent lifestyle.

21. Course Outline

22. Texts & Supplemental Instructional Materials

Refer to: Secondary Adopted Texts and Approved Supplementary Books used in the Santa Maria Joint Union High School District.

23. Key Assignments

24. Instructional Methods and/or Strategies

Activities:

Use of supplementary periodicals, films, filmstrips, visual aids, and demonstration materials. Guest Speakers may also be available to speak with students regarding a variety of applicable topics.

25. Assessment Methods and/or Tools

Students will be evaluated through a variety of assessment tools. Students will be evaluated on mastery of content and skills, class participation, and effort.

C. HONORS COURSES ONLY

Please refer to instructions

26. Indicate how this honors course is different from the standard course.

D. OPTIONAL BACKGROUND INFORMATION

Please refer to instructions

27. Context for Course (optional)

28. History of Course Development (optional)